

SENIOR CENTER NEWSLETTER



A MESSAGE FROM YOUR COMMUNITY SERVICES STAFF



Hello to all of our San Bruno Senior Center friends. This newsletter contains some educational information on the COVID19 vaccine, staying healthy and heart smart, and a few games to keep your mind sharp. We also included another recipe from Fabi's Kitchen. If you prepare the recipe, please let us know how you liked it! We miss seeing you and look forward to the day when it is safe to gather again. The number one priority is your health and wellbeing! We miss you all.

Community Services Staff

ZOOM ST. PATRICK'S DAY DANCE PARTY WITH "HAVE A PARTY PROS"

Wednesday, March 17 2:00-3:00pm (waiting room opens at 1:45pm)

Do you feel lucky? We will be wearing the green and singing and dancing to our favorite Irish tunes. Join Joe and Kathy for a fun Zoom party you don't want to miss! No Blarney!

Zoom Meeting ID: 848 4883 1181

ZOOM BINGO

We know you've been missing BINGO! The Senior Center staff is hosting two BINGO events this spring. You can pick up BINGO papers from the Senior Center prior to the event and then sign on to Zoom on the scheduled date. There will be small gift prizes for winners. These are free events and no money will be exchanged for prizes. Questions? Call 650-616-7150.

Monday, March 29 — 2:00-3:00pm

Pick up your BINGO pack at the Senior Center on 3/24, 3/25, or 3/26 from 11:30am– 12:30pm

Join Zoom BINGO:

Meeting ID: 955 9582 7841

Passcode: bingo

Thursday, April 29 — 2:00-3:00pm

Pick up your BINGO pack at the Senior Center on 4/26 or 4/27 from 11:30am– 12:30pm

Join Zoom BINGO:

Meeting ID: 955 4597 4220

Passcode: bingo

Zoom Classical Piano Concert with Judy Tapia

Friday, March 19 — 2:00–2:30pm

Judy will play pieces by Beethoven, Chopin and Grieg

Join the Zoom Concert

Meeting ID: 946 7190 7034

Passcode: concert



Spring Time Celebration

Friday, April 9 — 2:00–3:00pm

Looking for something to do? Springtime is in the air. Enjoy guitar, singing, and dancing with “Have A Party Pros,” Joe and Kathy, for an hour of entertainment and fun for everyone... zoom style!



Join the Zoom Party

Meeting ID: 880 6283 4183

Piano and Vocal Concert with Greg Hutto

Friday, April 23 — 2:00–3:00pm

Greg will entertain you with some of his and your favorite songs.

Join the Zoom Concert

Meeting ID: 984 5689 5922

Passcode: concert



Zoom Outburst

Thursday, March 25 — 2:00–3:00pm:

Outburst is a game of lists that will get you on the edge of your seat as players write out words to match as many top 10 answers that are on the card while the timer ticks down. Come prepared with pencil & paper to play this fun game with staff.

Join the Zoom Meeting

Meeting ID: 964 2939 3277

Passcode: outburst



Zoom Tea and Trivia

Tuesday, April 13 — 2:00–3:00pm

Make your drink of choice, pull up a chair and join your favorite senior center staff for Trivia fun.

Join the Zoom Meeting

Meeting ID: 976 6839 1766

Passcode: trivia



SAN MATEO ADULT SCHOOL CLASSES FOR ACTIVE ADULTS 50 PLUS

A "2 for 1" *Spring Exercise Special - March through April*. Pay the fee for one person; two can join. Two people will be emailed the link to join. Participating classes: **Yoga, Tai Chi 101, Easy Aerobic Dance and Stretch**.

To find out more about each class go to [Adult Ed Active Adults 50+ Spring Special](#)

To register for the 2 for 1 special email Jeri McGovern: jmcgovern@smuhdsd.org or call Jeri: (650) 558-2127. She will register you by phone! Takes about 3 minutes!

ZUMBA GOLD WITH KATHY SCHMIDT

Friday's are for Fun! You asked for it you got it! Now every Friday morning through April 30th!

Fridays—March 5—April 30 9:45-10:45am (waiting room opens at 9:30am)

Meeting ID: 944 3672 5930



BE HEALTHY BE FIT WITH KATHY SCHMIDT

Wednesdays—April 7, 14, 21, 28 (4 weeks) 11:00-11:30am (waiting room opens at 10:45am)

Feel like it's been a while since you've exercised? This class may be perfect for you. Exercises for Healthy Joints. Movement and stretches for Beginners.

Join the Zoom Class

Meeting ID: 963 3594 5553

The What and How of Zooming **Learn how to Zoom and stay connected**



Zoom is a web-based platform that lets you interact in real time with friends and family as well as with organizations providing educational, social and physical fitness content. If you've never tried **Zoom** and are feeling left out, not to worry. This easy-to-follow video will have you Zooming in no time.

Watch the short tutorial by visiting the below web page to get Zooming today!

<https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>

Can You Spread COVID-19 After Getting the Vaccine? Experts Say the Answer Isn't Simple

In order to return to some sense of “normal,” roughly 85% of Americans will need to get the COVID-19 vaccine to bring the pandemic to a halt, per Anthony Fauci, M.D., the nation’s leading infectious disease expert. Vaccine distribution is well underway in California and San Mateo County. Data shows that the authorized coronavirus vaccines from Pfizer-BioNTech and Moderna, both of which use mRNA technology, can help protect people against developing a severe case of COVID-19. But there’s still one big question that researchers are trying to answer: Can you still spread COVID-19 to others even after you’re fully vaccinated?

Can you still spread COVID-19 to other people after getting the vaccine?

Most infectious disease experts believe that a highly effective vaccine will help lower the risk that you can spread COVID-19 after you’re immunized, but they’re still trying to determine what the impact looks like on case numbers. Data hasn’t been released yet on whether the vaccines offer what’s known as sterilizing immunity, which means that those who are vaccinated can’t contract or pass on the virus at all. They expect that the level of risk of transmissibility is greatly diminished, but not eliminated.

Can You Get Sick With COVID-19 Twice?

The clinical trials that looked at the vaccines that are authorized for use by the FDA were based on the prevention of symptomatic disease—they weren’t looking at asymptomatic disease. The trials weren’t designed to determine whether asymptomatic transmission would occur post vaccination. Statistics vary, but research has shown that up to 20% of people who have COVID-19 show no symptoms. Until studies shows otherwise, there’s a chance that people who are vaccinated can still become infected with COVID-19 without experiencing symptoms and shed the virus. Even after you receive your two doses, the available vaccines are not 100% effective at preventing COVID-19 infection. So, if the novel coronavirus makes its way into your body after you get the vaccine, your immune system will have a good chance of fighting it off—but it also might allow small amounts of the virus to replicate. You may have a mild case or no symptoms at all, but your body can still release the virus via respiratory droplets from your nose and mouth, potentially infecting someone else who does not have the same level of protection from immunization. Researchers really don’t know if this viral load would be big enough to make someone else sick. There’s also a possibility that you could get COVID-19 right before or after your vaccination. According to the CDC, it takes a few weeks for immunity to fully kick in, so you can still theoretically become infected and pass the virus on to others as your body works on ramping up its immune response.

What Precautions Should I Still Take?

Until we have more information, the CDC emphasizes that it’s important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. As a result, even those who have received the COVID-19 vaccine should continue to **wear a face mask, stay at least six feet away from people outside of their household, avoid crowds, and wash their hands often**. Once the nation sees a significant decline in positive cases, hospitalizations, and deaths, and a significant uptick in fully vaccinated people, public health officials will definitely let us know when it’s time to pack away the masks—until then, keep wearing one.

Your Journey to Better Heart Health

Maintaining a healthy heart is an important part of supporting your overall well-being. Beating **2.5 BILLION** times over the course of an average life, your heart is quite literally the “power station” of your entire body and should be treated with care. Read these six tips to learn how small changes to your diet, exercise habits and lifestyle choices can significantly reduce your risk of heart disease.

- ♥ **Eat Heart Smart:** Filling your plate with healthy foods like fruits, vegetables, lean proteins and whole grains is the best way to reduce your risk of heart disease. Try to avoid foods with saturated fats and added sugars.
- ♥ **Get Active:** Studies consistently show that people who get regular intervals of exercise are far less likely to be at risk for a major cardiac event. Try incorporating 30 minutes of movement into your daily routine!
- ♥ **All In Moderation:** Drinking too much alcohol and caffeine can cause damage to heart muscle, increase blood pressure and cause abnormal heart rhythms. Moderation is the key, so balance any intake with H2O!
- ♥ **Be Smoke-Free:** Even if you’ve smoked for many years, quitting today can significantly reduce your chance of having a major cardiac event or stroke. Seek out help to quit, and tell those cigarettes to “butt out!”
- ♥ **Rest as Remedy:** A good night’s sleep is nearly as important for your heart as a healthy diet and regular exercise. Lower your risk of high blood pressure and cardiac disease by getting at least six to eight hours of restful sleep every night.
- ♥ **Stop the Stress:** High levels of stress have been associated with inflammation and high blood pressure, both risk factors for heart disease. Practicing techniques like yoga or meditation can help you keep your emotional and heart health on track!

FROM FABI’S KITCHEN

Vegetable Shepherd’s Pie

Ingredients

6 medium Yukon gold potatoes, peeled and diced
 2 tablespoons extra-virgin olive oil
 1 large onion, diced
 3 large carrots, cut into 1/2-inch chunks
 2 stalks celery, cut into 1/2-inch chunks
 1 lb mixed mushrooms (white, criminis, oyster, shitakes or whatever you prefer)
 1 cup of frozen mixed vegetables (thawed)
 6 cloves garlic, minced
 1/2 bunch fresh parsley, leaves chopped
 1/2 bunch fresh thyme, chopped
 1 1/2 tablespoons Worcestershire sauce (regular Worcestershire has anchovies so if you want recipe to be completely vegetarian look for vegan Worcestershire)
 5 tablespoons unsalted butter
 3/4 cup chopped veggie burgers or vegetarian protein crumbles
 2/3 cup half-and-half
 1 cup shredded cheddar cheese
 Salt and Pepper to taste

Instructions

- 1: Preheat the broiler. Cover the potatoes with water in a pot; season with salt, cover and boil until the potatoes are fork-tender, 15 minutes.
- 2: Meanwhile, heat the oil in a stovetop casserole dish or shallow pot over medium-high heat. Add the onion, carrots, celery, mixed vegetables, mushrooms and garlic. Season with salt and pepper and cook until the vegetables brown, 8 minutes. Add 1 1/2 cups cooking liquid from the potatoes to the casserole dish. Lower the heat and scrape up any browned bits with a wooden spoon. Cover and simmer until the vegetables are tender, 8 minutes. Stir in the Worcestershire sauce, 2 tablespoons butter and the chopped veggie burgers and warm through, 5 minutes. Remove the parsley stems and stir in the chopped parsley. Keep warm.
- 3: Drain the potatoes and mash with the remaining 3 tablespoons butter and the half and half; season with salt and pepper and spoon over the casserole. Sprinkle with cheddar. Broil until golden brown, 5 minutes.

Dehydration Signs and Prevention

Older adults are at higher risk of dehydration than younger people. But do you know how to spot signs of dehydration? Symptoms of dehydration in adults may sometimes be subtle, but not drinking enough water and fluids can have a big effect on the body. Severe dehydration can lead to confusion, weakness, urinary tract infections, pneumonia, and other serious conditions. Drinking enough fluids helps the body digest food, eliminate waste, regulate temperature through sweating, and maintain blood pressure.

Dehydration occurs when a person loses more water than they take in. Dehydration is especially common for a number of reasons:

- Reduced sense of thirst
- Limited mobility
- Multiple medications
- Cognitive impairment
- Health conditions
- Common illnesses



Symptoms of dehydration in older adults may sometimes be difficult to recognize. If you think you may be dehydrated, you can check for a decrease in skin turgor or elasticity by pulling up the skin on the back of the hand for a few seconds. If the skin does not return to normal almost immediately, it could be a sign of dehydration. Other signs and symptoms of dehydration in elderly adults may include:

- Dizziness
- Fatigue
- Muscle cramps
- Dry mouth
- Sunken eyes
- Less frequent urination or low urine output
- Dark-colored urine

Tips to prevent dehydration

- ⇒ Drink up: Drink water even if you're not thirsty.
- ⇒ Make it an all-day event: If drinking a full glass of water at once is too much, sip on water several times a day.
- ⇒ Keep a water bottle close by, especially if you have mobility issues.
- ⇒ Water is best, but you can help mix things up with flavored sparkling water or milk. Coffee and tea increase urination, so drink these sparingly.
- ⇒ Choose foods with high water content, such as fruits, vegetables, and soup. Good options include watermelon, cucumbers, and low-sodium broths or soups.
- ⇒ Drink a full glass of water with medications.
- ⇒ Check urine color: if you're worried about dehydration, monitor urine to make sure it's light in color.
- ⇒ Bring water with you if you go for a walk or on an outing, especially if the weather is hot or humid.



St. Patrick's Day

word scramble

IIRHS _____

LDOG _____

OABIRWN _____

KAPCIRT _____

ADIELRN _____

NEEPHEARCU _____

MHSOKCRA _____

HRCMA _____

YKLCU _____

ENRAGE _____

BACBAEG _____

ORLECV _____

NETESENEV _____

TISNA _____

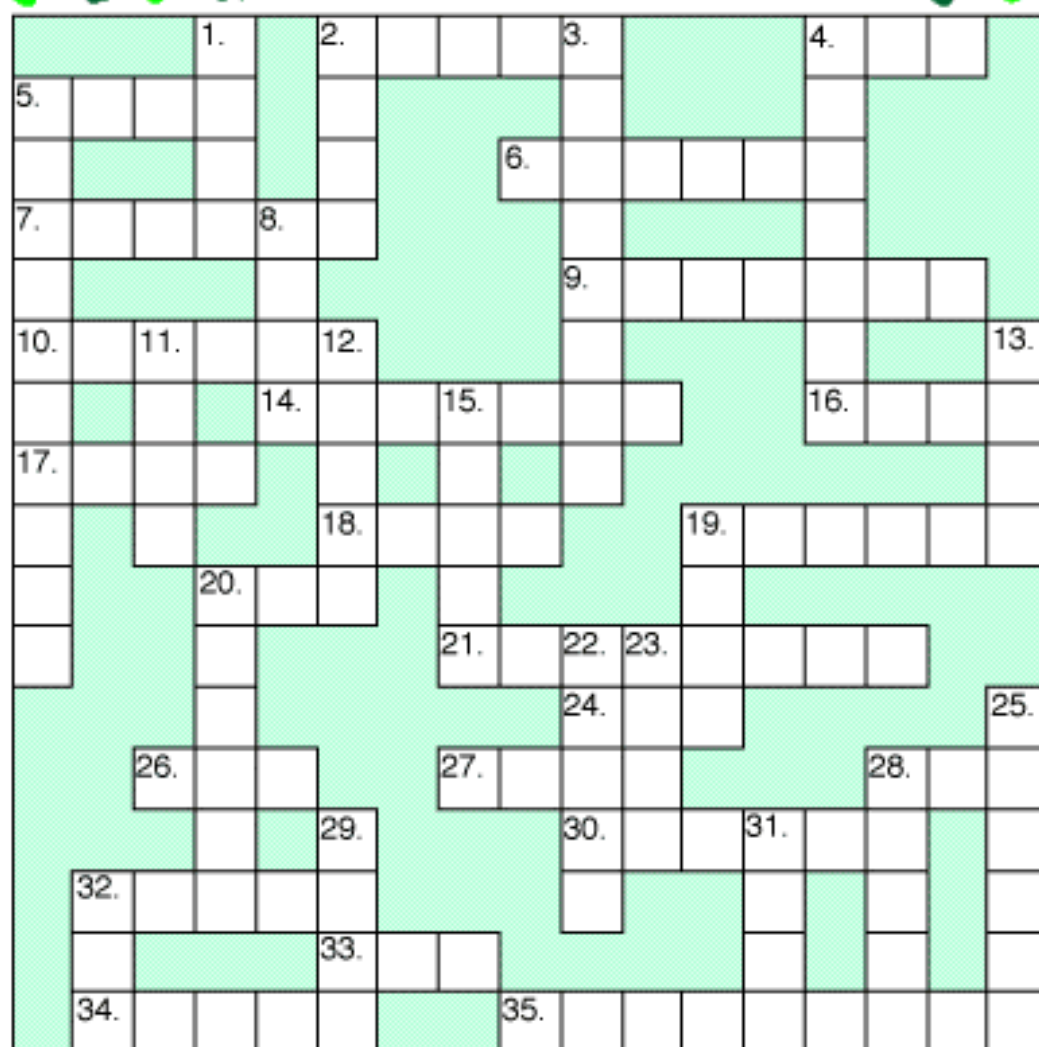
ARDEAP _____

ACDNE _____





Crossword



Down

1. Body covering?
2. Heal
3. 3 leaved clover
4. St. Patrick was a missionary there
5. Mystical being
8. Short form for corporal
11. Actor's part
12. _____ Patrick
13. X marks the _____
15. Peels of fruits
19. Layer
20. Procession or march
22. To arrive at a final destination
23. Walkway
25. Wrist or ankle injury
28. Household task
29. Measurement
31. Destroy
32. Valuable stone

Across

- | | | |
|--------------------------|--------------------------------------|------------------------------|
| 2. Loose change | 17. Give aid | 27. One of the food groups |
| 4. Pens need this | 18. Number less than 10 | 28. Drink container |
| 5. Good _____ | 19. Leprechaun's head wear | 30. God's house |
| 6. Conditional release | 20. _____ of gold | 32. St. Patrick's Day colour |
| 7. King's son | 21. St. Patrick rid Ireland of these | 33. Feline |
| 9. Let go | 24. Hearing organ | 34. St. Patrick's month |
| 10. Mistakes | 26. Opposite of good | 35. St. Patrick's day # |
| 14. Saint _____ | | |
| 16. Let fall, rain _____ | | |





St. Patrick's Day Word Search



P	O	T	O	F	G	O	L	D	B	E	E	T	S	L
O	S	F	R	A	C	H	G	C	U	I	V	E	L	U
S	O	H	B	O	W	S	C	L	O	V	E	R	E	W
T	A	M	A	R	C	H	R	A	D	O	W	S	P	I
L	R	U	C	M	U	C	K	Y	L	O	E	P	R	A
U	C	W	I	K	R	A	I	N	B	O	W	K	E	Y
K	A	T	R	S	G	O	N	D	U	R	L	U	C	K
T	H	E	T	G	O	S	C	P	L	E	R	P	H	A
C	T	O	I	R	N	T	D	K	O	G	M	R	A	I
C	O	R	N	E	D	B	E	E	F	R	C	A	U	R
E	T	I	R	E	L	A	N	D	O	S	H	E	N	I
W	O	W	N	N	D	O	W	T	L	K	Y	D	O	S
L	E	A	I	S	T	H	P	A	R	A	D	E	T	H
T	R	A	D	I	T	I	O	N	R	O	P	C	E	D
A	P	A	T	R	I	C	K	M	A	F	C	T	H	A



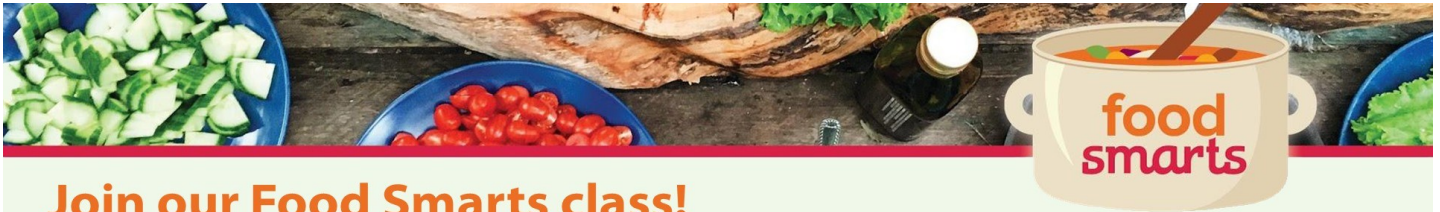
CLOVER
COINS
CORNED BEEF
TRADITION
GREEN

IRELAND
IRISH
LEPRECHAUN
LUCK
MARCH

PARADE
PATRICK
POT OF GOLD
RAINBOW
SHAMROCK



CRAYONSANDCRAVINGS.COM



Join our Food Smarts class!

Join our registered dietitian Anna in a free virtual class and learn how to eat well, prepare tasty meals and reduce food waste. **If you are a resident of San Mateo County, you will receive \$6 farmers' market vouchers for each class!**

Day: Wednesdays
Date: March 10, 17, 24
Time: 4:00 PM-5:00 PM
Location: Zoom
Language: English

In each class, we have a recipe demo and cover different topics:
 Class #1: Healthy Eating and Zero Waste Cooking
 Class #2: Reading Nutrition Facts and Food Code Dates
 Class #3: Storing Food Properly and Composting

Brought to you by San Bruno Public Library and San Bruno Senior Center

To register, visit <http://bit.ly/sanbruno1>
 Questions? Contact Anna at anna@leahspantry.org or 650-825-1964



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PUZZLE ANSWERS

Word Scramble Answer Key:		Column #1 :	Column #2:	Across	Across (cont.)	Down (cont.)
Irish	Gold	Rainbow	Patrick	6. Parole	32. Green	19. Tier
Ireland	Leprechau	Charm	Green	14. Patrick	Down	28. Chore
Cabbage	clover	17. Help	1. Skin	2. Cure	3. Shamrock	31. Ruin
Seventeen	Saint	19. Tophat	4. Ireland	5. Leprechau	8. Corp	11. Role
Parade	dance	21. Serpents	24. Ear	26. Bad		